When Disaster Strikes: Promoting Resilience through Prevention, Preparation and Intervention

October 19, 2017
Webinar Agenda

• Disasters/traumatic community events, toxic stress and trauma

• Working with Individuals:
  – Teaching individual resilience
  – using Psychological First Aid Skills and Trauma-Informed Care

• Working with Communities:
  – Preparing and responding to disasters/traumatic events

• Responder self-care

• Resources
Today’s Presenters

Karen Johnson, MSW, LCSW
Director of Trauma-Informed Services
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Cheryl S. Sharp, MSW, ALWF
Exclusive Consultant for National Council

Linda Ligenza, LCSW
Clinical Services Director
National Council
Today’s Presenters

Bob Doppelt

Executive Director, The Resource Innovation Group
Coordinator, International Transformational Resilience Coalition
Today’s Presenters

Shannon Loomis, MA
Director
SAMHSA Disaster Technical Assistance Center
What We Know About Disasters, Traumatic Community Events, Stress, and Trauma
Key Concepts

• Disasters are natural or human-caused events that overwhelm local capacities often producing human losses, injury, and damage

• Traumatic community events
  – Occur without warning,
  – Are human caused, and
  – Lead to deaths, injuries, and sometimes damage to the physical environment

• Protective factors, such as family or community supports, may be disrupted due to the event

• Increasing magnitudes of warming increase the likelihood of severe, pervasive, and irreversible impacts (on our environment and society)
  • International Panel on Climate Change

• People who have experienced prior traumatic events are at higher risk for adverse reactions
Phases of a Disaster

Honeymoon (Community Cohesion)

Pre-Disaster

Warning

Heroic

Impact

Disillusionment

Working Through Grief (Coming to Terms)

Reconstruction (A New Beginning)

Inventory

Trigger Events and Anniversary Reactions
# Types of Disasters/Traumatic Events

<table>
<thead>
<tr>
<th>Natural</th>
<th>Human Caused</th>
</tr>
</thead>
<tbody>
<tr>
<td>Earthquakes, fires, floods, tornadoes, sea level rise/storm surges, hurricanes</td>
<td>Airplane crashes, some fires, shootings, mass violence, terrorism</td>
</tr>
<tr>
<td>No one to blame</td>
<td>People, governments, or businesses to blame</td>
</tr>
<tr>
<td>Beyond human control</td>
<td>Seen as preventable and a betrayal by fellow humans</td>
</tr>
<tr>
<td>Advance warning is possible</td>
<td>No advance warning</td>
</tr>
<tr>
<td>Post-disaster distress is high and felt mainly by those directly affected or those with perceived threat to life</td>
<td>Post-disaster stress is often higher than that of natural disasters and felt by more people not directly affected</td>
</tr>
</tbody>
</table>
Risk Factors

- Type of disaster/traumatic event
- Degree of death, destruction, horror, inescapability, shock, loss and dislocation
- Exposure/proximity to traumatic event
- Multiple losses and re-traumatization
- Injured or family of injured/deceased
- Rescue or recovery workers
- Pre-existing behavioral or physical health challenges
- Low socioeconomic, minority status
- Presence of other stressors
- Few or no supports
Trauma and Toxic Stress Are Epidemic Today
Now Add the Disasters & Chronic Toxic Stresses of Climate Change!

More Frequent and Extreme

Wildfires

Flooding

Heat Waves

Drought

And much more...

New Diseases

Record Storms

International Transformational Resilience Coalition
Building Human Resilience for Climate Change
Research shows 25 to 50% of people impacted by extreme weather events experience debilitating levels of anxiety, depression, PTSD, suicide, and more.

**Example**
In New Orleans after Hurricane Katrina depression, hopelessness, despair, PTSD, and suicide were at unprecedented levels in modern disaster history. High levels of comorbidity existed 2 years afterwards.

Elevated levels of PTSD have also been found among people affected by wildfires—sometimes lasting several years.
Examples of Psychological Impacts of *Fast Moving* Climate Events

*Effects depend on the intensity, duration, and level of exposure to the event.*

Research shows common affects of *flooding* often include:

- Anxiety
- Depression
- PTSD
- Increased aggression in children
- Higher suicide rates
- More

**Example**

In the UK, almost 75% of the people directly impacted by the 2007 summer floods experienced significant psychological distress, almost 50% experienced anxiety and depression, and about 25% suffered from PTSD.
Examples of Psychological Impacts of *Slow Growing* Climate Impacts

*Effects depend on the intensity, duration, and level of exposure to the event.*

Research shows **droughts** typically produce similar reactions while also increasing **substance abuse** and **suicides**.

### Examples

Studies in Australia found that **family dysfunction, depression, anxiety, hopelessness, and suicide** rose in mist of drought due to the **financial impacts** and **constant mental strain**.

During the droughts of the 1980s, male farmers and ranchers in Wisconsin, Minnesota, North Dakota, South Dakota, and Montana demonstrated **rates of suicide twice the national rate**.

Studies have found that **alcohol and drug abuse** rise in droughts.
Examples of Slow Moving Psycho-Social-Spiritual Climate Impacts

Effects depend on the intensity, duration, and level of exposure to the event.

Research shows hotter temperatures tend to increase alcohol and drug abuse, domestic violence, assault, rape, robbery, burglary, suicide, aggression and violence.

Examples

One study looked at 30 years of monthly crime and weather data for 2997 U.S. counties and found that as temperatures warmed so did aggravated assaults, simple assaults, robberies, burglaries, larceny and vehicle theft.

Research in Europe has also linked hotter weather to higher crime rates.
How Disasters Can Trigger Violence

The risks of violence increase when a combination of traumas exist at the individual, family, community, & societal levels

Traumatic event(s); acts of great emotional, psychological, or physical distress

Psychobiological changes triggering fight, flee, or freeze reactions

Shock, fear, denial, dissociation

Suppression of grief and fear—numbing isolation

Shattered assumption, powerless, hopeless & helpless feelings

Anger, rage, spiritual questions, meaninglessness

Survival guilt, shame, humiliation

Re-enactment of events, intrusive thoughts, avoiding reminders, hyper vigilance

Realization of loss, panic, anxiety, depression

Fantasies of/ desire for revenge, need for justice

Cycle of Violence

Cycle of Trauma

Experiencing unmet needs for safety and justice—shame, humiliation and fear

Seeing self/group as victims, embracing “us” vs “them” identity

ATTACKING IN THE NAME OF SELF-DEFENSE

Developing good vs evil narrative

Dehumanizing the “other”—de-individuation

Viewing violence as redemptive

Creating & justifying unjust and violent practices and systems

Pursuing own desires, even at expense of others

Acting violently with others in response to peer pressure/norms

Adapted from STAR: Strategies for Trauma Awareness and Resilience, Eastern Mennonite University
Left Unaddressed the Traumas and Stresses of Climate Change Threatens to Undermine Our Ability to Address the Crisis

Traumatized and hopeless people often retreat into a self-protective survival mode that can include dissociation, denial, withdrawal or aggression.

• These reactions leave people uninterested in external issues such as emission reductions or climate adaption.

• Thus, left unaddressed the psychological and psycho-social-spiritual impacts of climate change threatens to stall or derail climate solutions.
What Causes These Reactions? The Psychobiology of Trauma and Chronic Toxic Stress

Prefrontal-Cortex: The "Executive Center"

• **Directs**, but **does not control**, the Fear & Alarm Center
• **Rationally** sorts out real & false threats & decides how to respond—but can also **prevent discharge of hyperarousal**

Amygdala: The "Fear and Alarm Center"

• **Fear-based reaction occurs automatically** when senses threat that **releases neurochemicals** into body **producing hyperarousal** to prepare us to fight, flee, freeze
• Works like **smoke detector**—a false alarm is better than mistake– but can lead to dysregulation
How Traumatic Stress Can Affect Individuals and Groups

Stress Reaction From Release of Cortisol & Adrenaline

- Physical Reaction:
  Blood pressure, pulse rate, difficult breathing, cold sweats, muscle tension, head and stomach aches, sleep disorders

- Mental Reaction:
  Mind racing, excessive worry, tension, fear, anxiety

If not discharged, what began as a helpful protective reaction can become harmful

Self-Destructive Coping

- Hyperactivity
- Overworking
- Legal & illegal substance abuse
- Food, alcohol, tobacco abuse
- Avoidance or danger seeking
- Dissociation, denial, reenactment
- Less ability to cope, problem solve, and enhance wellbeing

External Stressors

Group/Social Breakdown

(Trauma-Organized Orgs & Communities)

- Distrust, despair, meaninglessness
- Low empathy and compassion
- Authoritarianism and extremism
- We vs Them polarization and oppression
- Acting out: aggression, violence, crime
- Less ability to cope, problem solve, and enhance wellbeing

If many people experience these reactions

All Encompassing Personal Breakdown

- Physical health problems (e.g. cancers, heart disease, much more)
- Psycho-emotion problems (e.g. anxiety, depression)
- Spiritual problems (e.g. hopelessness)
- Cognitive problems (e.g. memory loss)
- Behavioral problems (agression or withdrawal)
- Less ability to cope & enhance wellbeing
Common Reactions in Children

• Worry about safety of self and others
• Separation anxiety
• Fear during heavy rain
• Hypervigilance, heightened startle response
• Decline in school performance
• Changes in eating and sleeping patterns
• Somatic complaints (headaches, stomach aches)
• Irritability, temper tantrums
• Depression
• Acting out behaviors in teens
ACE Study: A Paradigm Shift

Mechanisms by which Adverse Childhood Experiences influence health and well-being throughout the lifespan.
Protective Factors

- Connections to others
- Family and community supports
- Higher income and education—applies to some types of impacts but not all
- Language proficiency and literacy
- Successful mastery of past disasters/traumatic events
- Reduced exposure to risk factors mentioned above
- Availability of and access to recovery services
- Care, concern, and understanding on the part of the recovery services personnel
- Provision of regular and appropriate information concerning the emergency and reasons for action and a say in decisions
- Personal and collective “presencing” and “purposing” skills— they include social supports but go further--we have found this to be most important
High Risk and Healing Situations

**High Risk Stressors**
- Evacuation
- Ending Search & Rescue
- Death Notification
- Return to Impacted Area
- Funerals and Memorials
- Reopening of Public Facilities
- Anniversary & Trigger Events
- Legal Proceedings
- Lack of Information

**Healing Opportunities**
- Neighbors helping neighbors
- Candle-light vigils
- Quick and effective response by emergency personnel
- Support of government and politicians
- Memorial events
Working with Individuals to Prevent and Mitigate Traumatic Stress
Role of Behavioral Health Organizations

- Prevent and address needs of clients, staff, community
- Identify those most at risk
- Promote mastery of skills (resilience)
Psychological Tasks of Recovery

• Regaining a sense of mastery and control
• Resumption of age-appropriate roles and activities in children and teens
• Development of new normal routine
Basic Needs

Practical Assistance
• Food
• Clothing
• Shelter
• Funds
• Other Resources

Emotional & Psychological Support
• Information
• Education
• Resources
• Coping Skills
• Empowerment
• Social Supports
Five Resilience Building Principles During and Immediately After Disasters

Promoting:
1. Sense of safety
2. Sense of calm
3. Self and community efficacy
4. Social connectedness
5. Hope

Resilience is the ability of an individual, family, community to adapt to an adverse event

Five Essential Elements of Immediate and Mid–Term Mass Trauma Intervention: Empirical Evidence, Hobfoll et al
Promoting Resilience: Practical Strategies

Teach individuals skills that will assist in:

• Making realistic plans and take steps to carry them out
• Maintaining a positive self-image and confidence
• Utilizing effective communication skills
• Managing emotions, impulses and stress
• Focusing on finding solutions
• Making connections
• Maintaining a hopeful outlook
• Practicing effective self-care
• Looking for opportunities for self-discovery and finding meaning
Psychological First Aid (PFA): Core Actions

1. Contact and engagement
2. Safety and comfort
3. Stabilization
4. Information gathering
5. Practical assistance
6. Connection with social supports
7. Information on coping
8. Linkage with services
A Trauma-Informed Approach

Involves:

**Realizing** how trauma affects people

**Recognizing** the signs

**Responding** by changing practices

**Resisting** re-traumatization by addressing trauma and toxic stress in the lives of both staff and people served

SAMHSA, 2013
Principles of Trauma-Informed Approaches

• Safety
• Trustworthiness and Transparency
• Peer Support
• Collaboration and Mutuality
• Empowerment, Voice and Choice
• Cultural, Historical and Gender Considerations

SAMHSA, 2013
Recovery

Can be enhanced through:

• Outreach to affected areas

• Empowerment, education and skills building

• Trauma-Informed organizations

• Offering longer term services (Skills for Psychological Recovery)
Building a Culture of Human Resilience
to Prevent Adverse Reactions and
Catalyze Transformational Change
Summary

Proactively building individual psychological and collective psycho-social-spiritual resilience can:

• **Minimize** harmful human reaction to the disasters now often being aggravated by climate change

• **Ameliorate** the harmful reactions **more quickly** when they occur...

• While also greatly **increasing individual and collective wellbeing**

• **Including** motivating people to **engage in climate solutions**
Prevention is Key--and It Works!

- Smoking Prevention
- Minimum Drinking Age Laws
- Childhood Immunizations
- Motorcycle and Bicycle Helmet Laws
- Child Seat and Safety Belt Use
- Reduced Lead Levels in Children
- Many More Examples!

Adapted from. Adverse Community Experiences and Resilience: Addressing and Preventing Community Violence, by Ruben Cantu, The Prevention Institute Nov 4 2016
The Resilient Growth Model™ For Transformational Resilience

Framed Around The Knowledge That Humans Are

Pushed by drives

and

Pulled by meaning and purpose!

(Quote by Viktor Frankl)
With Slightly Different Emphasis the *Resilient Growth Model*™
For Transformational Resilience Is Helpful...

- Before
- During
- After

Disasters

**But Prevention is Most Important Focus**
The Resilient Growth™ Model for Transformational Resilience

Two Inter-Related Focuses:

**Presencing** skills to deactivate the body's fear and alarm system when not needed

**Purposing** skills to find meaning, direction, and hope in adversity
The Resilient Growth Model™ of Transformational Resilience

*Individual and Collective Resilience Involve a Set of interrelated Capacities Needed to Cope and Thrive*

**Focus: Presencing skills to deactivate the body's fear & alarm systems**

**Ground**—and center yourself by stabilizing your nervous system.

**Remember**—your personal strengths, resources, and social support network.

**Observe**—your reactions to and thoughts about the situation non-judgmentally with self-compassion.

**Focus: Purposing skills to find meaning, direction & hope in adversity**

**Watch**—for insights into and meaning in life in the midst of adversity.

**Tap**—into the values you want to live by in the midst of hardship.

**Harvest**—hope for new possibilities by engaging with others to increase personal, social, and environmental wellbeing.
At Individual Level Transformational Resilience Involves Cultivating a Resilient Mindset

I understand how trauma and toxic stress can affect my mind & body (I’m trauma-informed)

I have skills, a social support network, & other resources I can use in the midst of adversities to calm my mind & body (Presencing skills)

I have skills and resources to use adversities as catalysts to learn, grow, & find hope by joining others to help other people and/or nature (Purposing skills)
Transformational Resilience Shifts Organizations From Trauma-Organized to Resilience-Enhancing Enterprises

Commitment to social responsibility, equity, and environment protection

Value diversity, participation, democratic decision making, and open communications

Openly acknowledge and mourn losses

Strong trust among members and constituents

Healthy sense of safety among staff, clients, and stakeholders

Embrace learning, growth, and change

Embrace and utilize criticism and contrary ideas

Trauma-informed and emotionally well regulated

Rules and regulations that foster trust, safety, and care

Integrated systems and structures leading to coherent and consistent high-performance

Commitment to social responsibility, equity, and environment protection

Adapted from Destroying Sanctuary & Restoring Sanctuary (S. Bloom); & Leading Change Toward Sustainability (B. Doppelt, 2003)
The Three Pillars of Trauma-Informed Human Resilience-Enhancing Communities

- Trauma-Informed and Skilled Residents
- Healthy Social-Cultural Environment
- Enabling Place
Pillar I

Trauma-Informed and Skilled Residents

• Build widespread understanding of how the trauma and toxic stress can affect the thinking, emotions, behaviors, safety, and health of individuals and groups.

• Give every adult and youth the opportunity to learn and continually improve “Presencing” & “Purposing” skills and tools.

• Help all business, non-profit, government, and civic leaders understand how their groups can become trauma-organized and learn how to transition them to trauma-informed human resilience-enhancing enterprises.
Pillar II

Healthy Social-Cultural Environment

• Community leaders jointly role model and promote social narratives that foster positive cultural and social norms and encourage safe, healthy, and ecologically sustainable behaviors.

• Establish ongoing opportunities for people to build, rebuild, and maintain robust social support networks.

• Develop strong working coalitions and ongoing communications among diverse public, private, non-profit and civic organizations.

• Establish opportunities for all people to engage in activities that benefit the common good through regular neighborhood and community projects.

• Employ Restorative Justice as much or more than criminal justice.

• Offer Healing Circles and other venues for people to share their distress and/or grieve after loss.
Pillar III

Enabling Place

- Ensure that people have active say and control over decisions that affect their lives—including preparing for and responding during and after disasters.
- Promote living-wage carbon-free sustainable business and job opportunities emphasizing healthy products, production, marketing, and zero waste.
- Increase the number of people completing high school and attending college debt free, and provide debt-free job training & placement for non-college bound youth.
- Build safe, healthy, and affordable housing and reclaim deteriorating facilities while preventing gentrification and dislocation.
- Reclaim and create safe public spaces for positive human interaction through improvements in parks, open space, public squares, and transportation systems.
- Restore streams, forests, and other ecosystems so people can connect with nature, heal, experience positive human interaction, and feel a sense of pride.
The Three Pillars of a Trauma-Informed Human Resilience-Enhancing Community

**Trauma-Informed and Skilled Residents**
- Widespread knowledge of the psychobiology of trauma and toxic stress can affect individuals and groups.
- Every adult and youth has opportunity to learn & continually improve Presencing & Purposing skills.
- All business & civic leaders know how to shift from trauma-organized to resilience-enhancing entities.

**Healthy Social-Cultural Environment**
- Community leaders jointly role model and promote social narratives that foster positive cultural & social norms that encourage safe, healthy, and ecologically sustainable behaviors.
- Robust bonding, bridging, and linking social support networks.
- Strong coalitions & communications among diverse community organizations.
- Opportunities for people to engage in activities that benefit the common good through regular neighborhood and community projects.
- Restorative justice is used as much or more than criminal justice.
- Healing circles & other venues exist for people to share distress and grieve after loss.

**Enabling Place**
- Ensure people have control over decisions affecting their lives.
- Promote living-wage carbon-free sustainable business and job opportunities focused on what’s sold, how it is made and marketed, and zero waste.
- Increase the number of youth completing high school and attending college debt-free, and provide debt-free job training and placement for non-college bound youth.
- Build safe, healthy, affordable housing & reclaim deteriorating facilities while preventing gentrification and dislocation.
- Reclaim and create safe public spaces for positive human interaction through improvements in parks, open space, public squares, and transportation systems.
- Restore natural systems so people can connect with nature, heal, experience positive human interaction & feel pride.
Core Elements of Building Trauma-Informed Human Resilience-Enhancing Communities

1. Form "Resilience Leadership Councils" (RLCs) to plan, establish, coordinate, evaluate, and continually improve preventative human resilience building programs.

   (A modification of IASC Guidelines on Mental Health and Psychosocial Support in Emergencies)

2. RLCs assess current levels of local resilience (e.g. skills, social norms, levels of social connection), the existing human resilience building programs, populations served, & gaps.

3. RLCs then strengthen knowledge and skills by expanding existing programs and/or developing new ones to ensure that all adults and youth as well as organizational and civic leaders gain information and learn resilience skills and tools.

4. RLCs foster organizational coalitions and communications to strengthen the economic, educational, and religious/spiritual protective systems that influence human resilience.

5. RLCs jointly identify and promote social narratives focused on safe, healthy, and resilient behaviors and activities.

6. RLCs continually monitor, evaluate, and improve the initiatives.

7. RLCs seek opportunities and promote policies to support and fund the initiatives.
Benefits of Launching Preventative Transformational Resilience Initiatives

Greater capacity to regulate and calm the mind and body when distressed leading to:
- Less drug & alcohol use & other harmful attempts to self-anesthetize when distressed.
- Less depression, anxiety, PTSD, and lower suicide rates.
- Less heart attacks, strokes, cancers, and other physical health problems.

When combined with building social capital and engagement of community leaders who promote narratives focused on safe, healthy, & resilient norms and practices:
- More robust social support networks and trusting relationships with neighbors & others.
- Reduced crime rates.
- Reduced aggression and interpersonal violence.
- Less Adverse Childhood Experiences (ACEs) resulting in greater learning capacity of youth and reduced mental and physical health problems in adulthood.

When combined with promotion of Post-Traumatic Growth & new sense of purpose:
- Greater awareness of **context** leading to more support for social--and health--equity.
- Less withdrawal into a defensive self-protective survival mode leading to enhanced support for and engagement in climate solutions and a greater sense of hope.
Building A Culture of Human Resilience Is Possible!

“The ideas of one generation become the instincts of the next.”

— D.H. Lawrence
Caring for Staff Needs
Devereaux Adult Resilience Scale (DARS)

- Use as a conversation starter with existing staff
- Hire resilient staff
- Coach and supervise from a resilience perspective

role model

Examples  Word Origin

noun
1. a person whose behavior, example, or success is or can be emulated by others, especially by younger people.
Staff Stress Management

Organizational Approaches:

• Emphasis by leadership that staff stress management is essential
• Communicate clearly
• Ensure staff competencies
• Prevent staff from working long hours
• Provide ongoing supervision, support, and access to EAP
• Create opportunities to demonstrate appreciation
Staff Stress Management

Personal Approaches: Adopting a Healthy Lifestyle

• Strive to eat right, drink lots of water, exercise, engage in relaxation activities such as yoga, do fun things-laugh, give yourself the opportunity to experience joy, and avoid excessive alcohol and illicit drugs

• Learn from those we serve – develop a Wellness Recovery Action Plan (WRAP®)
Staff Stress Response

“The expectation that we can be immersed in suffering and loss daily and not be touched by it is as unrealistic as expecting to be able to walk through water without getting wet.” - Naomi Rachel Remen
During a Disaster

• Develop a "buddy" system with a coworker.
• Encourage and support your coworkers.
• Take care of yourself physically by exercising regularly and eating small quantities of food frequently.
• Take a break when you feel your stamina, coordination, or tolerance for irritation diminishing.
• Stay in touch with family and friends.
• Defuse briefly whenever you experience troubling incidents and after each work shift.

https://www.ptsd.va.gov/professional/treatment/early/disaster-rescue-response.asp
After a Disaster...

• Attend a debriefing as soon as possible
• Talk about feelings as they arise, and be a good listener to your coworkers.
• Don't take anger too personally - it's often an expression of frustration, guilt, or worry.
• Give your coworkers recognition and appreciation for a job well done.
• Eat well and try to get adequate sleep in the days following the event.
• Maintain as normal a routine as possible, but take several days to "decompress" gradually.

https://www.ptsd.va.gov/professional/treatment/early/disaster-rescue-response.asp
https://store.samhsa.gov/product/SMA14-4871
ProQoL

Answering “yes” to four or more questions may indicate that you’re suffering from compassion fatigue.

This instrument developed by Pfifferling and Gilley.
Resources
Resources

SAMHSA Disaster Distress Helpline
1-800-985-5990

SAMHSA Disaster Technical Assistance Center (DTAC)
www.samhsa.gov/dtac/resources.asp
1-800-308-3515

Federal Emergency Management Agency
www.fema.gov
Resources

National Center for Post Traumatic Stress Disorder

Assistant Secretary’s Office of Preparedness and Response (ASPR)
http://www.phe.gov/preparedness/planning/abc/Pages/default.aspx
Resources

The National Child Traumatic Stress Network
www.nctsn.org

Psychological First Aid On-Line Training
http://learn.nctsn.org/course/category.php?id=11

National Council for Behavioral Health Trauma-Informed Services
www.thenationalcouncil.org
TIP 57: Trauma-Informed Care in Behavioral Health Services

Assists behavioral health professionals in understanding the impact and consequences for those who experience trauma. Discusses patient assessment, treatment planning strategies that support recovery, and building a trauma-informed care workforce. Inventory#: SMA14-4816

https://store.samhsa.gov/product/SMA14-4816
Mental Health First Aid

The help offered to a person developing a mental health problem or experiencing a mental health crisis

- 8-hour course covers risk factors and warning signs, information on depression, anxiety, trauma, psychosis, and substance use, a 5-step action plan, and available resources.
- Curricula: Adult (English and Spanish), Youth
- Modules: Veterans, Public Safety, and Higher Education (coming soon)
Research Basis of ITRC Material

- Dr. Sandra Bloom’s two books: *Destroying Sanctuary* and *Restoring Sanctuary*.
- Eastern Mennonite University. *STAR: Strategies for Trauma Awareness and Resilience*.
- Howard Pinderhughes and Rachel Davis. *Addressing and Preventing Trauma at the Community Level* (Unity Network, 2013).
Two Important Upcoming ITRC Conferences

Preparing People for Climate Change in the PNW

November 15-16, 2017, Portland, OR

To see the PNW conference agenda, list of all-star speakers, and to register go to: http://www.theresourceinnovationgroup.org/pnw-2017-conference/

Preparing People for Climate Change in California

January 24-25, 2018, Oakland, CA

To see the Cal. conference agenda, list of all-star speakers, and to register go to: http://www.theresourceinnovationgroup.org/california-2018-conference/
Challenge

Which one of these steps will you take following this webinar?
1) Assist individuals you work with to:
   – make the connection between past or recent trauma/stressors and current life difficulties and
   – teach resiliency skills including; emotional regulation, social connectedness and self-efficacy

2) Get involved in your work or home communities to ensure that adults and youth, as well as leaders, gain information about impact of trauma/stressors and learn resilience skills

3) Start a self-care committee that focuses on the wellbeing of you and your colleagues
Contact Information

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http://www.theresourceinnovationgroup.org/intl-tr-coalition/

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